

## Health Resources

### Consumer Health

Education

Outreach

Health Topics

Libraries

World Wide Web

### Consumer-Friendly Health Information

NLM®

, the National Library of Medicine, is the world's largest medical library and the creator of MEDLINE®/PubMed® which contains over 17 million references to journal articles from 5,000 world-wide health science journals cited back to the 1950s. NLM provides free health information to libraries, health professionals, and consumers around the world. The free resources listed below will help people to understand their health, health-related topics, and make decisions for themselves or someone else. The information originates from the National Institutes of Health (NIH) and other reliable and trusted sources. **[www.nlm.nih.gov](http://www.nlm.nih.gov)**

NN/LM®

, the National Network of Libraries of Medicine®, is an organization of over 5,000 libraries coordinated by NLM. The NN/LM assists with training on NLM databases, obtaining copies of journal articles, identifying local health library resources, funding outreach projects, and providing speakers for educational programs and meetings. **[nnlm.gov](http://nnlm.gov)** or call 1-800-338-7657

**MedlinePlus<sup>®</sup>** is the place to start for extensive consumer health information in both English and Spanish. MedlinePlus features hundreds of health topics, easy-to-read materials, drug information, interactive tutorials with audio, news, surgery videos and more. **medlineplus.gov**

**ClinicalTrials.gov** provides easy access to information on over 36,000 clinical research studies sponsored by NIH, other government agencies, and private industry. **clinicaltrials.gov**

**AIDSinfo** provides current federally approved treatment guidelines for HIV infection and AIDS-related illnesses. **aidsinfo.nih.gov** or call 1-800-HIV-0440

**NIH SeniorHealth** is a Web site designed specifically with older adults' needs in mind. For example, the site features large type, and short, easy-to-read segments of information repeated in a variety of formats including text, quizzes, FAQs and videos. The risk of many diseases increases with age, so the site is focused on health topics that are of particular interest to older people—such as Alzheimer's disease, balance problems, shingles, diabetes, and glaucoma. **nihseniorhealth.gov**

**Genetics Home Reference** has information about diseases that run in families. **ghr.nlm.nih.gov**

**Tox Town** is an interactive guide to common toxic substances encountered in everyday places. **toxtown.nlm.nih.gov**

**Household Products** offers safety information on over 5,000 common products. **householdproducts.nlm.nih.gov**

**Haz-Map** is an occupational health database with information about the health effects of exposure to chemicals at work. **hazmap.nlm.nih.gov**



DEPARTMENT OF HEALTH  
AND HUMAN SERVICES